

Overcoming Limiting Beliefs

Through a gradual process of examining thoughts, one gains a deeper perspective of the internal mechanisms that influence the decision-making process. The more an individual examines the motivations for making decisions, the underlying motives should become clear. Given that actions are influenced by the thoughts that proceed them. The examination of underlying motives should provide an insight into the inner workings of one's reasoning. This glimpse behind the curtain should reveal the motivations behind one's actions. Aiding the individual in recognizing certain traits that tend to reoccur with negative consequences. Learning to recognize the triggers that lead to physical action; provides one with firsthand knowledge of the specific circumstances to avoid in future altercations.

The more consciously aware an individual becomes, the vulnerabilities contributing to poor decision-making are brought into focus. Recognizing the triggers and adapting behaviour to counteract escalation, creates an avenue for patience to enter one's life. Although thoughts of a turbulent nature will arise on occasion, the impulse to act upon them will be far more restrained. Through the conscious act of restraint, one can maintain composure when external pressures pose a threat to one's frame of mind. The more one uses this method to curb external pressures. It will eventually become a natural behaviour. Although situations will arise that test one's ability to maintain a calm demeanour. The more one practices the easier it will become. The new behaviour simply requires time to become ingrained.

Through conscious effort, difficulties of everyday life gradually become little more than inconveniences. The change in one's perspective, eroding the tight grasp of turbulent thoughts. Although arduous situations remain part of life,

they do not determine one's state of mind. Once an individual shifts attention from a passive state of acceptance to a mindset of firm resolve; life's difficulties no longer determine one's outlook. While the struggles of life remain, they are far more tolerable. The conscious act of shifting awareness from a disempowered state to that of a positive mindset, opens doors to new opportunities. Once the mind adapts to the challenges posed by the external world, life's hardships begin to dissolve. For the mind is no longer bound by the struggles of the past. Therefore, it is free to experience life without the baggage of a victim mindset.